
MoneyMonk Article: Turning Fear into Biodiesel

My client was anxious. Her heart actually hurt from the pressure. This was a new pain. She didn't know

what to do.

"I feel like I'm a microcosm of the macrocosm". She was reeling from the pressure of the uncertainty of

world economics and the election stress. She had a house she could lose. Clients weren't showing up as

quickly as hoped.

Sound familiar?

"Sure it's easy to 'lose the hold of fear and return to mirth' (MM article 9/18/08) when I'm in dance class

or in nature", wrote one MM subscriber. "But it's harder to do when I'm IN the fear, and rushing around in

my life, or not in a hopeful place." Harder to slow down there. Stillness though; that's often where the

answers lurk.

Fear to Biodiesel - Huh?

Shifting to alternative energy from fossil fuels - yep, it ain't an easy transition as we see. Going from oil

to sunlight - these shifts will take some time.

Good news is, if you were waiting until 2012 for some excitement, you can exhale now. Breathing a very

good thing of course. Change is here, and will be accelerating. Fire up the magic carpets!

For each of you, the specific fears vary. Common themes include losing everything you've worked so hard

for, and myriad pictures of what you think that might look like. Living under the bridge for me.

Yet we know and knew the old ways are not sustainable. They haven't been for a long time. They are

harmful to self and other - including the big other - planet earth.

Just like you can't amputate your ego, we can't ignore or banish our fears. But we can turn them into

alternative fuel with a few bio-friendly moments with ourselves.

When you practice this way, your personal economy will thrive. And you'll return to being a positive force

in these unsettled times. Better than joining the chorus line of the drama and mayhem.

Better than letting your fear get under your skin and paint everything the color of doom.

Palpitations of the Not-So-Good Kind

Back to my client - she agreed to try a heart-centered exercise to see if it would help. She'd actually

been having physical symptoms of heart stress - palpitations, pressure. (Be sure to get symptoms like this checked as needed.)

The exercise created space for her to be with her fear. It pushed out the metaphorical walls creating a

little breathing space, making room for what is. Often we give ourselves trouble for fear.

It turned out her deeper fear was that all the spiritual study she'd been doing (Tolle, Abraham-Hicks,

Chodron) were lies. If that was the case, she was really lost on what to do now.

Yes, she would lose everything she'd worked so hard for - and it wasn't the house in this case now, was

it?

Good Thing We're Not Alone

The next step in this work was for my client to connect to her sense of Source for support and

guidance,

anchoring this to her heart. I asked her to request a divine quality that might help her with this dilemma.

"It's 'truth'. That's what I need here".

Yes, easy to see that Truth with a capital T may be in short supply in the economic and election dynamics. She realized she'd been doing an energetic exercise that was working well for her. She was able to drink in this divine "Truth", and from there, possibilities became visible.

In a short time, she'd brought more awareness to what was lurking under her fear. Less of a boogeyman

than it appeared.

Truth and other divine qualities are unlimited when we're talking source energy. No, we don't have unlimited fossil fuels, and we may think it's money we need.

Yet these spiritual qualities can also help us thrive - no shortages there. Best biodiesel of all to keep us

on track with what is really going on under our ego's fears as the old ways bumpily shift.

Inner Guidance Rocks

In ten to fifteen minutes, my client stopped and smelled her truth.

Stillness is so precious. It's sure a challenge to slow down in these crazy-fast times. But phew, do we

need to keep recycling our perspective these days with so much at stake. Including our blood pressure!

This woman could reckon with her ego-based fears, check out their validity, and take action if needed.

Even ego-based fears can be informative and give us needed direction. Nourishing ego by facing our fears

via a higher, deeper spiritual place brings renewal.

Hey, these are scary times, no doubt. Losing money in the stock market or losing your home

suuuckkks.

There's a real crisis for those at retirement age who were counting on stock-based pensions.

But there's more than the ego-based picture. We can have some alternative views and energy here too.

We may have to band together for mutual support and lose our independent isolation.

There's a lot more than our comfort and survival at stake. Take heart friends.

Good thing we're spirits in this material world, ala Police, eh?

Blessings of peace and heart to you, with bows to fear's sanity,

Denise Barnes

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